

Welsh Network of Healthy School Schemes



Cynlluniau Ysgolion Iach - Rhwydwaith Cymru



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# St Bernadette's Catholic Primary School



*Learn, Live, Believe*

## Food and Fitness Policy

**Author of policy: Suzanne Williams and Danielle McFarland**

**Date reviewed by Governors: May 2023**

**Lead Governor responsible for the Policy: Sarah Jenkins**

**Date to be reviewed: May 2023**



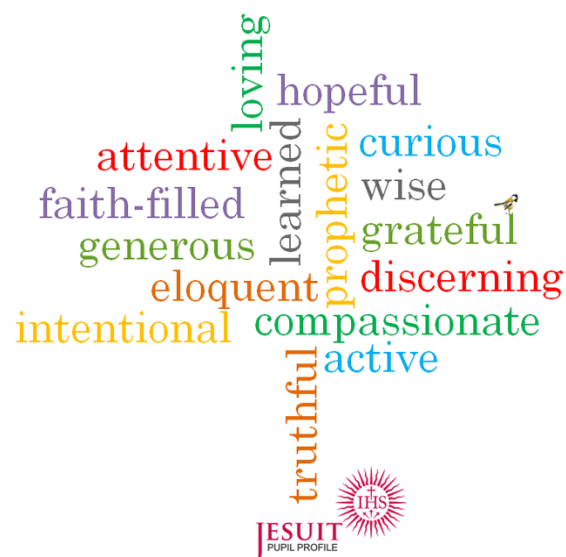
## St Bernadette's Catholic Primary School

### Mission Statement:

*We are a Christ centred community, reaching out to others.*

*We learn, grow and celebrate together.*

*We bring our faith to life.*



**Article 24: Every child has the right to relax, play and take part in a wide range of cultural and artistic activities. Governments must protect children from economic exploitation and work that is dangerous or might harm their health, development or education.**

## **Introduction**

As a school we are passionate about health and encouraging young people to become healthy, confident individuals who can make positive decisions for life. We recognise that learners spend around a third of their time at school between the ages of four and sixteen. The food and drink opportunities provided in school can make a positive contribution towards providing children and young people with a nutritious balanced diet, positive food experiences and encouraging them to develop positive behaviours for life.

This policy will enable learners to link the positive effects that good nutrition can have on health and wellbeing.

At St Bernadette's Catholic Primary School, we are committed to encouraging our learners to lead healthy lifestyles. We believe that healthy learners will be able to take full advantage of the educational opportunities that the school provides. The partnership of home and school is critical in shaping young people, and their future health.

## **Links with other policies**

This policy should be read in conjunction with the following school policies:

- Health and Wellbeing Policy
- Health and Safety Policy

## **Rationale**

A poor diet is a major contributing factor to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has produced [Healthy Weight: Healthy Wales](#), a long term strategy which outlines the vital role schools play as healthy settings to positively influence future life outcomes.

[The Healthy Eating in Schools \(Nutritional Standards and Requirements\) \(Wales\) 2013 Regulations](#) sets out to improve the nutritional standards of food and drink provided in schools in Wales.

The [Wellbeing of Future Generations \(Wales\) Act](#) has at its core an intention to improve the health, social, economic, environmental, and cultural wellbeing of Wales. Promoting well balanced diets will be a key component of achieving the ambitions within this Act.

## **Aim**

The aim of this Whole School Approach (WSA) to Food and Fitness Policy is to provide a 'whole school approach' to healthy eating and hydration in St Bernadette's by equipping learners with knowledge skills, and experiences to establish and maintain life-long active lifestyles and positive eating habits. We aim to ensure that food, nutrition and fitness becomes integral to the overall value system of the school and a common thread of best practice that runs through the curriculum and the whole school community.

## Objectives

- To ensure that all provision related to food and nutrition provided for learners throughout the school day are consistent with the curriculum, appropriate national guidance and regulation and that mixed messages are avoided.
- To ensure that the school takes up opportunities to be involved in any local and national initiatives relating to food, nutrition and fitness.
- To ensure food, drink and snack provision is compliant with *The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013*.
- To work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our learners through all their food and nutrition experiences within school.
- To offer a range of inclusive safe practical cookery activities to continually develop essential skills and a lifelong love of food and cooking.
- To ensure food and drink provision is healthy, nutritious, affordable and attractively presented to help make the healthy choice an easy choice for learners. This includes ensuring that healthy options do not run out and are displayed at an optimum level for all learners to see and reach.
- To ensure all learners have access to fresh, free drinking water throughout the day and understand the benefits of hydration on health, wellbeing and concentration.

## United Nations Convention of the Rights of the Child (UNCRC).

We recognise that all learners have rights under the 54 Articles of the United Nations Convention of the Rights of the Child (UNCRC). The rights below underpin and shape our health and wellbeing curriculum and school policy:

UNCRC Article	An inclusive health and wellbeing curriculum that...
Article 6 the right to life and to grow up to be healthy	Develops knowledge and skills to identify and develop positive informed behaviours for a healthy lifestyle.
Article 13 the right to have information	Supports learners to understand the factors that affect physical health and wellbeing, such as a nutritious balanced diet.
Article 24 and 28 the right to nutritious food, clean water and education	Provides experiences that enables learners to become healthy, confident individuals and opportunities to choose, prepare and eat a range of foods that can support a nutritious balanced diet.

## **The Curriculum**

Developing physical health and wellbeing has lifelong benefits and our Health and Wellbeing Curriculum will ensure that:

- Learning about food and nutrition enables learners to realise the [four purposes](#) of the Curriculum for Wales.
- Learners are taught to understand the relationship between food, nutrition and short- and long-term physical and mental health.
- The impact of sleep on mental health & wellbeing is explored within learning opportunities in the curriculum.
- Learners are provided with consistent key messages for good oral health.
- Opportunities for cross curricular links are explored and developed.
- All teaching and learning resources reflect current local and national guidance.
- The [Food Competencies](#) - a range of food competencies are explored in line with the HWB AoLE descriptions of learning.
- Learners are given opportunities to choose, prepare and eat a range of foods that can support a healthy balanced diet using the Eatwell Guide.  
<https://www.nhsdirect.wales.nhs.uk/lifestylewellbeing/theeatwellplate>.
- Learners acquire the basic skills in planning and preparing food to enjoy a nutritious balanced diet.
- Learners will be given the opportunity to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling, and packaging of food.
- Learners are given the opportunity to learn food provenance and its impact on the environment e.g. growing, farming, transportation.
- As part of the curriculum, learners are encouraged to actively participate in growing fruit and vegetables in both our Eco Garden and Edible playground.
- The school aims to promote local and seasonal food produce.
- Learners are provided with consistent key messages for good oral health.
- Provide a broad range of extra-curricular activities to support food and fitness.
- To consistently evaluate and review our curriculum to ensure child are experiencing real life authentic opportunities of learning.
- To take part in a broad P.E curriculum that encourages and inspires the children.

## **The Informal Curriculum**

Our school recognises the significant impact of *the informal curriculum* on the personal, social and emotional education of learners as well as their physical health and wellbeing. Therefore, food and nutrition themes will be promoted through the informal curriculum which encompasses the values and attitudes promoted within the school, the physical environment and setting of the school. (See Appendix 2 and 3)

## **Leadership and Communication**

- A member of staff will chair the Wellbeing Committee which also have the responsibility for Food and Nutrition (FAFWG)
- The governing body will nominate one or more individual governors to take specific responsibility for the WSA to Food Policy at St Bernadette's Catholic Primary School.
- The Senior Management Team will ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school's Food and Fitness Policy.
- The Senior Management Team and governors will monitor progress at regular intervals
- The policy will be reviewed annually to take account of national and local initiatives and resources relating to nutrition.

### **The Governing Body**

The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 places a duty on the governing body of a maintained school to:

- Promote nutrition and hydration among learners.
- Include in their Annual Report information on the actions taken to promote nutrition and hydration.
- Take reasonable steps to ensure that a learner cannot be identified by any person, other than a person authorised under the legislation, as a learner who receives a free school lunch.
- Ensure systems are in place to inform families of their entitlement to free school meals.
- Encourage the take-up of school meals and take reasonable steps to ensure that every learner who is entitled to receive free school lunches receives them.
- Updates on school nutrition actions will also be included in any newsletters and social media to parents and carers.
- The school is delivering a broad and balanced cross curricular programme of nutrition and fitness to all learners.

### **Headteacher/senior leadership**

- The school ethos and environment reflect the school policy.
- School Meal Service comply to current guidance (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- Parents/carers are made aware of their entitlement for their child to receive free school meals as appropriate.
- All staff promote nutrition in accordance with school guidance.
- There is adequate training, information, instruction, induction and resources for staff involved in the delivery of the aims and objectives of the school's nutrition policy; to be active and active in learning.
- A planned and appropriate nutrition curriculum is provided for all learners throughout the school year.
- Consistent messages are promoted through the formal and informal curriculum.
- The school does not advertise branded food and drink products on school premises, equipment or books and will ensure that any collaboration with business does not require endorsement of branded or specific company products high in fat, sugar or salt.

- Updates on school nutrition actions will be included in the Annual Report to parents.
- Recycling of food waste is considered.
- There is engagement with national/local learner voice surveys that help inform the School e.g. School Health Research Network
- Free access to drinking water is available to staff and learners and not placed within school toilets.
- Learners are able to eat their meals in a timely manner.
- Provide information for parents/carers on nutritious packed lunches.
- Provide information on washing drinking bottles.

**All teaching and non-teaching staff to ensure that they:**

- Act as positive role-models for learners by drinking water and eating nutritious food.
- Ensure consistent messages are provided/ mixed messages are avoided in relation to diet, oral health.
- Support implementation of the school policy.
- Deliver effective nutrition education as agreed in this Policy.
- Encourage participation in local and national initiatives.
- Promote nutrition in accordance with school guidance.
- Help and encourage learners to select balanced food choices at lunchtimes.
- Promote nutrition in accordance with school guidance.
- Use non-food rewards such as praise, house points etc.

**Family and Community Involvement**

As a school we will ensure a whole school approach is taken to improve the wellbeing and equity of opportunity to all learners in relation to nutrition. We aim to involve all members of the school community in our commitment. This will be achieved by:

- Encouraging the provision of nutritious food and snacks from home through the curriculum, by giving information to parents and carers, and in partnership with key community and health agencies.
- Involving learners in promoting nutritionally balanced eating within the school community and have a role in decision making (planning and developing actions, policy development / review).
- Ensuring families are made aware of community-based programmes to support children's health and support for families in food poverty.
- Supporting community focused opportunities, including Food and Fun, to use the school grounds and facilities.
- Supporting the provision of out of school hours learning cookery club / gardening club for learners, parents and carers and wider community members.

**The role of parents and carers**

We ask that Parents/Carers endeavour to:

- Support the policy.
- Provide nutritious packed lunches if food is brought in from home.

- Apply for their child's Free School Meals if entitled to do so and apply for the Universal FSM as they are offered.
- Provide fresh fruit and/or vegetables for snack.
- Provide a clean drinking water bottle for fresh, plain water only.
- Support local and national initiatives.

### **The role and responsibilities of learners**

We ask learners to:

- To develop their own routines to maintain personal care and hygiene where nutrition and hydration are concerned.
- Attempt to make good choices and consider nutrition when choice is available.
- Drink plenty of water to keep hydrated throughout the school day.
- Take opportunities to participate in learner surveys and Learner Voice groups.

### **Equality Statement**

This school/setting recognises that people have different needs, requirements and goals and we will work actively against all forms of discrimination by promoting good relations and mutual respect within our community and between Learners, parents, staff, governors/management committee members and partners.

We will also work to create equal access to support, for everyone, irrespective of ethnic origin, sex, age, marital status, sexual orientation, disability, gender reassignment, religious beliefs or non-belief, use of Welsh, BSL or any other language, nationality, responsibility for any dependents or any other reason which cannot be shown to be justified.

### **Monitoring, evaluation and dissemination**

- Implementation of this policy will be monitored by the Headteacher and members of the Governing Body
- It will be ratified every two years but reviewed annually or earlier if necessary
- The School Council/relevant Learner voice group are actively involved with the implementation and review of this policy.
- Support local and national initiatives.
- Aspects of this Policy will be replicated in the School Prospectus, Hwb+, shared areas on the school network and staff handbook.
- Parents may request a paper copy of the Policy from the school.

### **The following members of the school community were consulted on the development of this policy:**

- Senior Leadership team
- Wellbeing Committee
- Parents
- Governors / Link Governor
- Catering Manager
- Healthy Schools Co-ordinator
- Other:

**The Governing Body will include actions taken to promote healthy eating and drinking in the Annual Report to Parents.**

Policy Approved by..... Chair of Governors/Management Committee

Policy Implemented by .....Head teacher

Date of Review May 2024

## **Appendix 2**

### **The Informal Curriculum**

Our school recognises the significant impact of *the informal curriculum* on the personal, social and emotional education of learners as well as their physical health and wellbeing. Therefore, nutrition themes will be promoted through the informal curriculum which encompasses the values and attitudes promoted within the school, the physical environment and setting of the school.

#### **School meals and food provision**

- All school meals should comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013.
- School menus and allergen information are clearly displayed around the school and the canteen have shown due regard to [Natasha's Law](#).
- We will provide an enjoyable dining experience by developing welcoming aspects of the dining room environment including displays of food, promoting nutritious, balanced meals, availability of free water and organising appropriate queuing arrangements.
- Nutritious options are promoted which give learners the opportunity to try new foods.
- The school actively discourages the efforts of fast-food vans/delivery services to sell food to staff or learners during the school day, or immediately before and after the school day.
- Fresh fruit is prominently displayed on service counters.
- School meals are served on plates with age-appropriate cutlery. (Primary)
- School meals can be purchased for single or multiple days. (Primary)

#### **Dining Procedures**

- Queuing time is minimised by staggering lunch times for different Classes/Years and/or the order of service for Classes/Years is rotated.
- Queues are managed to promote positive behaviour.
- Learners have free choice to sit in friendship groups and members of school staff dine with the learners.
- Learners are not permitted off site during lunch time.
- Learners are allowed to eat their lunch at their own pace and are encouraged to eat their main meal items before their dessert. (Primary)
- Learners are permitted to eat their lunch outside if appropriate.

#### **Free School Meals**

- Parents/carers are sent regular reminders to ensure that they are made aware of their potential eligibility for their child to receive free school meals and reassured about how the system works at school.

- The uptake of FSM is encouraged, and reasonable steps are taken to ensure that every learner who is entitled to receive FSM receives them.
- Reasonable steps are taken to protect the identity of learners receiving free school meals.
- Guidance and forms are available from Community Hubs, Local Housing Offices, school website and the School Office.

### **Lunchboxes**

- At the start of each academic year, parents/carers are provided with information on nutritionally balanced packed lunches and hygiene of lunchboxes.
- The School Council / Eco Committee / School Nutrition Action Group promote nutritious lunchboxes to learners and their families.
- On school trips, parents/carers are encouraged to provide a nutritious packed lunch for their child and discouraged from providing confectionery/sweets.
- Curriculum work covers the content and benefits of eating a healthy packed lunch.
- The promotion of healthy lunchboxes is extended to school trips.
- An appropriate cool/shaded storage area is available for learners to store their lunchboxes.

### **Break-times**

- Only fresh fruit, vegetables, milk and water are provided at snack time / in the fruit tuck shop. Nursery classes receive a nutritious snack in line with the Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013. (Primary)
- Learners bringing food and drink into school are encouraged / permitted to eat only fruit, vegetables, milk or water at break time. (Primary)

### **School Milk (Primary)**

- Free semi skimmed milk or dairy free alternative is offered to all Foundation Phase learners each day.
- Refrigerators are cleaned daily, and temperatures are recorded.

### **Drinking Water**

- Learners and staff have access to free, clean water throughout the school day in places other than in the school toilets.
- The school promotes 'Water Bottles near Desks'.
- If brought in from home, parents/carers will be responsible for the hygiene of the bottles.
- The Welsh Government's 'Think Water: Guidance for Water in Schools' is adhered to regarding cleaning and maintenance of water bottles and coolers.
- Learners are educated about the benefits of drinking water and made aware that taps in toilets are not an appropriate source of drinking water.

### **Energy Drinks**

- Energy drinks are not permitted in school.

- Learners are taught about the effects that energy drinks can have on health and wellbeing.

### **Oral Health**

- The school actively promotes oral health messages through the curriculum.
- The school actively participates in Designed to Smile and facilitates oral health promotion to children and parents (Primary).

## **Appendix 3**

### **The Informal Curriculum**

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#### **Break-times**

- The school ensures open spaces are accessible by all, marked for a range of activities and well maintained.
- The school plans for active break time during inclement weather including hot weather.

#### **After School clubs to promote physical activity and sport**

Our teaching Staff are committed to delivering afterschool clubs that add purpose weekly.

- Clubs on offer will be determined by the learner choice.
- The school engages with members of the local community and parents/carers.
- Inter-school sport opportunities & fixtures are offered which are of both a friendly and competitive nature.
- Where possible, the school links with external providers to offer range and where possible residential experiences.

#### **Physical Activity (primary)**

The school acknowledges and will ensure that:

- Physical activity and active play is inclusive.
- Play leaders will be selected and trained annually to organise games and activities at break times.
- Safe storage is provided for bicycles and scooters etc.
- Families are encouraged to actively travel to school.
- Opportunities for additional physical activity will be incorporated throughout the school day including wake and shake, daily mile, class exercises, Sustrans, cycling proficiency, standing activities, outdoor learning.
- Sports day is held annually.

- School sport facilities will be available for community use.
- The playground is 'zoned' into different activity areas to encourage all Learners to participate in activity during break and lunchtimes that is suitable to their ability.

### **Outdoor Education and Gardening Opportunities**

- The school promotes environmental and sustainable initiatives such as Eco Schools s.
- The school has outdoor classrooms for learners to enhance their learning within the curriculum.

### **School Travel Plan**

- The school has a Travel Plan in place, which has engaged with parents and the wider community.
- Staff, learners and parents are actively encouraged to walk to school.
- Throughout the school year there is planned promotion of walking and cycling to school.
- The school has cycle racks available for children and staff to use.
- Cycle skills training are available for staff and children.
- Kerb Craft is taught to Year 2 learners.